

SEEN YOUR NEWS?



WHITMAN COUNCIL ON AGING

P.O. BOX 426

16 HAYDEN AVENUE • WHITMAN, MA 02382

(781) 447-7619 • FAX (781) 447-7633



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Patricia Goldmann, *Chairman*
Robert Titterington
Barbara J. Garvey, *Director*

DECEMBER 2015

Mae Cousineau, *Vice Chairman*
Jean McDonald
Jill A. Getchell

Whitman Council on Aging Mission Statement

To ensure that our elder residents are provided an opportunity to age and live a life-style based on independence, dignity, and security; to assess needs and provide services through an array of general programs, information, and socialization opportunities to seniors age 60 and older.

NOTES FROM THE DIRECTOR:

While I respectfully choose to ignore the prediction of The Old Farmer's Almanac for another snowy winter, I do admit that preparation is necessary. So, here we go again with my annual appeal ...

Although winter is tough on all of us, many of the elders in our community have a particularly difficult time when it comes to snow and ice removal. We receive many calls from seniors every winter looking for help with this issue, so we compile a list of names and phone numbers of people that can help.

If you are willing to shovel, snowblow or plow for our seniors at a reasonable rate, please call Barbara at extension 5 to be added to our call list. Thank you in advance!

Barbara

INCLEMENT WEATHER POLICY

If the Whitman-Hanson Regional School District cancels school, all Senior Center Activities will be cancelled and there will be no Meals-On-Wheels delivered or lunches served at the Senior Center.

School closing information is broadcast on television channels 4, 5, 7, 10 and 25 and on radio stations WBZ 1030 AM, WATD-AM and WPLM-FM. You can also check Whitman-Hanson's local Comcast cable channel 9.

Whitman-Hanson Regional High School's
Show Choir and Student Council present their

ANNUAL HOLIDAY CONCERT AND LUNCH

Tuesday, December 15th

10:00—10:30 am ~ arrive

The school store will be open if you wish to look around.

10:45—11:30 ~ Concert

11:35 ~ Turkey dinner

(turkey, mashed potatoes, stuffing, gravy and coffee or milk)

12:30 ~ Depart

School bus transportation will be available for those living in Senior Housing and will also make a stop at the Senior Center.

For those unable to board a school bus, or for home pickups, the COA bus will be available.

Please contact **extension 2** no later than Tuesday, December 1st to sign up for the Concert and let us know your transportation plans at that time.

A NOTE TO **SNOWBIRDS**

If you are a "Snowbird" preparing to spend the winter in a warmer climate, please contact us to have your name temporarily taken off the Newsletter mailing list.



HAPPY BIRTHDAY

If you were born in November or December we'd like to help you celebrate by treating you to a free lunch at the Senior Center on Thursday, December 10th. Lunch will be Chicken Cordon Bleu, Baked Potato, Peas and Mushrooms, Roll, Dessert. Please call **Fran at extension 4** to reserve no later than Wednesday, December 2nd. Lunch is served at 11:30 and you are welcome to bring a guest.

The lunch cost for a guest is \$2.50

FRIENDS OF THE WHITMAN SENIORS MONTHLY MEETING OF THE FRIENDS

At the Senior Center on

Friday, December 11th at 1:00 P.M.

**Christmas Party & \$5.00 gift swap
to follow meeting
Dessert will be served**

Anyone with questions should call Roberta at 781-261-3930

FRIENDS OF THE WHITMAN SENIORS

Announces that their **Christmas Bazaar** will be held at the Whitman Senior Center, 16 Hayden Avenue on

Saturday, Dec. 5th and Sunday, Dec. 6th

From 11:00 am to 4:00 pm each day

All are welcome

Anyone with questions should call Roberta at 781-261-3930

FUEL ASSISTANCE

We are taking appointments for help in filling out applications for **first time** fuel assistance applicants.

Please call at extension 2 to set up an appointment

If you received fuel assistance last year, look for your pre-printed renewal application from Self-Help in the mail. Look the application over to make sure the information is correct, make any necessary changes, sign and date the form and return it to Self-Help along with your current proof of income.

CHRISTMAS LUNCHEON

At the Senior Center

Wednesday, December 16th at 12:30

Join us at the Senior Center for a delicious luncheon of Baked Stuffed Breast of Chicken with Supreme Sauce, whipped potatoes, and glazed carrots. Dessert and coffee or tea will also be provided.

Bring a \$10.00 wrapped grab gift if you would like to participate in a traditional Yankee Swap after dinner.

Due to space constraints, seating is limited to 40. Tickets are \$5.00 each and will be available at the Senior Center on a first come first served basis beginning on Tuesday, December 1st.

Terry Seer's Monthly Social Luncheon... Holiday Luncheon

12:00 Noon on Tuesday, December 15th

At Meadowbrook Restaurant

Rt. 27 Hanson

\$21.00 per person

Lunch will be a Pot Roast Dinner with Entertainment. Reservations and payment must be made by November 20.

Space is limited so don't wait.

See Linda at the Center to see if there are still any seats available and make your payment.

Is your computer giving you a problem?

Bring your problems to us.

Visit our Digital Device Doctor.

Get help with your electronic devices including: I-Pads, I-Pods, Laptops, Computers, Cameras, etc.

Richard Stanton is available from 2 to 3 on Tuesdays

Call ext. 2 for an appointment.

THE GIFT OF GIVING

Old Colony Elder Services' (OCES) Emergency Fund provides such things as heat in the winter, food, and life sustaining medications to local older adults and people with disabilities.

In this season of giving, please consider making a donation to Old Colony Elder Services Emergency Fund at 144 Main Street, Brockton, MA 02301.

Coffee Hour with the Police Department
Friday, December 18, 2015
9:30 at the Senior Center

We will have a representative from the Police Department to discuss law enforcement issues and current scams affecting our elder population.
 Stop by to learn about any new issues.
 Any questions you may have for the Police Department will be welcome.



Movie of the Month
"A Christmas Story"
At the Senior Center
Friday, December 18th
1:00 p.m.

Starring: Melinda Dillon, Darren McGavin and Peter Billingsley
 Run Time: 1 hour 34 minutes
 Rated-PG

This Beloved holiday movie follows the wintry exploits of youngster Ralphie Parker who spends most of his time dodging a bully and dreaming of his ideal Christmas gift, a "Red Ryder air rifle".

Call extension 2 to reserve your seat.
Space is limited to 12 attendees.

FUN, GAMES
AND FITNESS

BINGO—Mondays at 1:00 pm and the First Friday of each month at 1:00.

BINGO at Harvard Court— Wednesdays at 12:30

CHAIR ZUMBA—Thursdays at 9:15 am
 Cost is \$5.00 per class, payable to the instructor.
 New Participants please call Linda at ext. 1 to register

MAH JONGG—Wednesdays at 1:00 pm.

TAI CHI – Thursdays at 2:00 at the Town Hall. Cost is \$5.00 per class. New Participants please call Linda at ext. 1 to register.

Wii BOWLING—Mondays at 8:00 am

COA BUS TRIPS



Holidays at Highfield Hall in Falmouth

Friday, December 4th
 Leaves the Center at 9:00
 \$15.00 (covers transportation and admission)
 (Trip is full but you may be added to a waiting list)

The Mansion at Highfield Hall will be decorated for the Holidays.
 Walk through the house and marvel at each room.
 Lunch on your own will be at the Pickle Jar Kitchen in Falmouth.

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**La Salette**

**Wednesday, December 16th**  
 Leaves the Senior Center at 3:00  
 \$9.00 covers transportation only

Upon arrival, you can visit the gift shop or have a snack at the Cafeteria or Bistro which opens at 4:00 p.m. At 5:00, it is the illumination of over 300,000 lights, covering over 10 acres.

A minimum of 8 is needed for these trips to go.  
 Call **Linda at extension 1** to sign up.  
 Sign up date is November 24th

**Crafts with Denise**  
**Wednesday, December 2nd**  
**12:30 at the Senior Center**

Cost is \$2.00 per class to help offset supplies expense.

Reservations are required  
 Please call **extension 2 if you will be participating.**

**Crafts with Erica**  
 From Sachem Center for Health and Rehab  
**Wednesday, December 9th**  
**12:30 at the Senior Center**

Reservations are required  
 Please call **extension 2 if you will be participating.**

## DECEMBER 2015

| Monday                                                                                                                                                                                             | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                | Wednesday                                                                                                                                                                                                                               | Thursday                                                                                                                                                                                                                                                                                                                                                                             | Friday                                                                                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                    | <b>1</b><br>9:00 Art Group<br>9:30 Hairdresser by Appt<br>11:30 Lunch— <b>Greek Chicken</b><br>11:00 Computer Workshops<br>1:00 Knitting/Crocheting/Loom<br><br>8:30 –12:30 Transportation to and from Senior Center<br><b>1:00 FOOD SHOPPING at STOP &amp; SHOP</b><br>Reserve by noon Monday – ext. 2                                                                                                                | <b>2</b><br>11:30 Lunch— <b>Barbeque Pork Patty</b><br>12:30 Crafts with Denise<br>1:00 Mah Jongg<br>6:00 Scrapbooking                                                                                                                  | <b>3</b><br>9:15 Chair Zumba<br>11:30 Lunch— <b>Baked Rainbow Trout</b><br>2:00 Tai Chi<br><br>9:00 <b>WALMART in Plymouth, Woods Restaurant</b><br>Sign up at ext. 1                                                                                                                                                                                                                | <b>4</b><br>1:30 Lunch— <b>Italian Pot Roast</b><br>1:00 <b>Bingo</b><br><br>9:00 <b>HIGHFIELD HALL / Pickle Jar Kitchen Restaurant</b> in Falmouth (See Pg. 3)                                                                  |
| <b>7</b><br>8:00 Wii Bowling<br>11-1 Blood Pressure<br>11:30 Lunch— <b>Chicken with Apple Bread Stuffing</b><br>1:00 Bingo<br><br>9:00 <b>AROUND TOWN</b><br>Reserve by 4:00 Thursday at ext. 2    | <b>8</b><br>9:00 Art Group<br>9:30 Hairdresser by Appt<br>11:30 Lunch— <b>Swiss Cheese Omelette</b><br>11:00 Computer Workshops<br>1:00 Knitting/Crocheting/Loom<br><br>8:30 –12:30 Transportation to and from Senior Center<br><b>1:00 FOOD SHOPPING at SHAWS</b><br>Reserve by noon Monday – ext. 2                                                                                                                  | <b>9</b><br>8:30 <b>Podiatrist by Appt</b><br>11:30 Lunch— <b>Baked Stuffed Shells</b><br>12:30 Crafts with Erica<br>12:30-2:00 Wellness Clinic at Senior Center<br>1:00 Mah Jongg<br><br>9:00 <b>HANOVER MALL</b><br>Sign up at ext. 1 | <b>10</b><br>9:15 Chair Zumba<br>11:30 Lunch— <b>Birthday Lunch-Chicken Cordon Bleu-Congregate Only</b><br>2:00 <b>NO Tai Chi</b><br><br>9:30 <b>WAREHAM CROSSING/ Longhorn Steakhouse -</b><br>Sign up at ext. 1                                                                                                                                                                    | <b>11</b><br>11:30 Lunch— <b>Chicken Pot Pie</b><br>1:00 <b>Friends Meeting</b><br><br>10:00 <b>Book Buzz</b><br>Sign up at ext. 2                                                                                               |
| <b>14</b><br>8:00 Wii Bowling<br>11-1 Blood Pressure<br>11:30 Lunch— <b>Potato Crunch Fish</b><br>1:00 Bingo<br><br>9:00 <b>AROUND TOWN</b><br>Reserve by 4:00 Thursday at ext. 2                  | <b>15</b><br>9:00 Art Group<br>9:30 Hairdresser by Appt<br>11:30 Lunch— <b>Aloha Chicken</b><br>11:00 Computer Workshops<br>1:00 Hearing Check by Appt<br>1:00 Knitting/Crocheting/Loom<br><br>9:45 <b>High School Holiday Concert</b><br>Sign up at ext. 2 (see Pg. 1)<br><br>8:30 –12:00 Transportation to and from Senior Center<br><b>1:30 FOOD SHOPPING at STOP &amp; SHOP</b><br>Reserve by noon Monday – ext. 2 | <b>16</b><br>11:30 Lunch— <b>Kayem Lite Hot Dog</b><br><br>12:30 <b>CHRISTMAS LUNCHEON</b><br>Tickets available on December 1<br>See pg 2<br><br>3:00 <b>LASALETTE</b><br>Sign up at ext. 1                                             | <b>17</b><br>9:15 Chair Zumba<br>11:30 Lunch— <b>Ravioli w/meat sauce</b><br>12:15-1:45 Wellness Clinic at Harvard Ct<br>2:00 <b>NO Tai Chi</b><br><br><b>BROWN BAG PICKUP</b><br>Please Note: Bags available for pickup at the Senior Center between 12:00 and 3:00 only<br><br><b>FOXWOODS CASINO</b><br>Pickup 7:30 K of C; 7:45 Home<br>Return Home 7:00 pm<br>Sign up at ext. 1 | <b>18</b><br>9:30 Manicurist<br>1:30 Lunch— <b>Chicken &amp; Broccoli Penne w/ Alfredo Sauce</b><br><br>9:30 <b>Coffee Hour with Police Dept.</b><br><br>1:00 <b>MOVIE at the SENIOR CENTER</b> (see Pg. 3)<br>Sign up at ext. 2 |
| <b>21</b><br>8:00 Wii Bowling<br>11-1 Blood Pressure<br>11:30 Lunch— <b>Teriyaki Pork Stir Fry</b><br>1:00 Bingo<br><br>9:00 <b>AROUND TOWN</b><br>Reserve by 4:00 Thursday at ext. 2              | <b>22</b><br>9:00 Art Group<br>9:30 Hairdresser by Appt<br>11:30 Lunch— <b>Beef and Chickpea Casserole</b><br>11:00 Computer Workshops<br>12:00 Atty Whitney by Appt<br>1:00 Knitting/Crocheting/Loom<br><br>8:30 –12:30 Transportation to and from Senior Center<br><b>1:00 FOOD SHOPPING at SHAWS</b><br>Reserve by noon Monday – ext. 2                                                                             | <b>23</b><br>11:30 Lunch— <b>Roast Turkey w/ Gravy</b><br>1:00 Mah Jongg<br><br>9:00 <b>Good Days Restaurant and MARKET BASKET</b> in West Bridgewater<br>Sign up at ext. 1                                                             | <b>24</b><br><br><b>CHRISTMAS EVE</b><br><br><b>SENIOR CENTER CLOSED</b>                                                                                                                                                                                                                                                                                                             | <b>25</b><br><br><b>MERRY CHRISTMAS</b><br><br><b>SENIOR CENTER CLOSED</b>                                                                                                                                                       |
| <b>28</b><br>8:00 Wii Bowling<br>11-1 Blood Pressure<br>11:30 Lunch— <b>Pasta with Meatballs &amp; Tomato Sauce</b><br>1:00 Bingo<br>9:00 <b>AROUND TOWN</b><br>Reserve by 4:00 Thursday at ext. 2 | <b>29</b><br>9:00 Art Group<br>9:30 Hairdresser by Appt<br>11:30 Lunch— <b>Salmon Boat</b><br>11:00 Computer Workshops<br>1:00 Knitting/Crocheting/Loom<br><br>8:30 –12:30 Transportation to and from Senior Center<br><b>1:00 FOOD SHOPPING at STOP &amp; SHOP</b><br>Reserve by noon Monday – ext. 2                                                                                                                 | <b>30</b><br>11:30 Lunch— <b>Chicken Picatta</b><br>1:00 Mah Jongg<br><br>9:00 <b>MIKO'S CAFÉ-Brockton, OCEAN STATE JOB LOT-East Bridgewater</b><br>Sign up at ext. 1                                                                   | <b>31</b><br>9:15 Chair Zumba<br>11:30 Lunch— <b>Beef and Rice Pepper Casserole</b><br>2:00 Tai Chi<br><br>9:30 <b>CHRISTMAS TREE SHOP</b> in Avon, Chateau Restaurant, Stoughton<br>Sign up at ext. 1                                                                                                                                                                               | <b>TRIP SIGN UPS BEGIN ON November 24th AT 8:00 A.M.</b><br>...<br>(You may sign up yourself and one additional Person)                                                                                                          |



## Eldercare Q & A from OLD COLONY ELDER SERVICES

### Q. How can I make sure I get my full pension when I retire?

Workers who retire with a pension from their employer may never expect to get into a dispute over how much their pension is worth—but it can happen. To make sure your employer gives you all the money you are owed, you need to keep your own records.

The Pension Action Center at the University of Mass Boston Gerontology Institute works to improve retirees' and workers' standard of living in retirement through work with individual cases, as well as advocacy and analysis to reform of public policy. The Center recently published a paper called ***Protect Your Pension: Important Documents You Should Keep***. Here are excerpts from that paper:

No matter what kind of pension or retirement plan your employer offers, you should keep certain documents indefinitely to ensure that you receive the retirement benefits you have earned. We recommend that you save the following information

- The Summary Plan Descriptions for any and every plan in which you've participated
- Any and all benefit statements you have received from those plan(s)
- All other pension-related correspondence (such as letters saying you are vested.
- Names, addresses, and phone numbers of employers where you earned a pension.
- Detailed records of your employment dates, pay status (hourly, salaried, union-covered), compensation (wages, retirement benefits), and breaks in service.
- Copies of union pension notices and union membership cards
- Tax returns (including W-2s, which show your wages, and 1099R forms, which would show your wages and any pension distributions). The Pension Action Center recommends that you keep your tax returns indefinitely—not just for 7 years—because resolving a pension problem in the future may depend on it. Many pension disputes hinge on whether an individual has been cashed out of a plan. If a pension plan is claiming that you were cashed out and therefore not entitled to benefits, you can verify this by reviewing your tax returns. Pension distributions will be shown on your tax return because they are considered taxable income. So, save your tax returns and avoid pension problems in the future.

- Notify your pension plan administrator of any address changes so that the plan has your most current contact information.

If you have a 401(k) or other retirement savings plan through your employer, look at your account statements: How frequently do you get account statements? Have you kept them? Do they come at regular intervals? Do the statements show your contributions going into the account on a regular basis? Does the statement show what the investments are? Are these the investments you authorized? Is there a significant drop in the account balance? Are there withdrawals from the account?

You should also understand the investments in your account: Does the statement show transactions you did not authorize, such as loans or withdrawals? Did you decide the account in which to invest? If so, do you get quarterly statements? Do you at least get annual statements? Is your account invested in employer stock? If so, what percentage is in employer stock? Are you allowed to change this? If you decided what account in which to invest, did you get information on the fees charged for each investment? Did you get a statement from your employer of any fees charged to individual accounts for administration of the plan such as legal or administrative fees?

- Do you know how your plan works? Did you receive a Summary Plan Description (SPD)?
- Do you have reasons to be worried about the plan? Is your employer having financial problems?
- Have your co-workers had difficulty getting information or distributions from the plan?

Making sure you are getting the pension payout you deserve is your responsibility. If you have concerns, The Pension Action Center can be reached at [www.umb.edu/pensionaction](http://www.umb.edu/pensionaction) or 888-425-6067. A fact sheet on understanding the specialized terms in retirement plans is available by clicking on the 1st announcement below the picture on this home page, or by clicking below.

New Investor Education Fact Sheet: Protect Your Retirement Income

## TRANSPORTATION

**AROUND TOWN** – Our COA bus is available from 9:00 to 3:00 on Mondays for transportation to Bingo at the Senior Center and for errands within Town. Please be reminded that in order to take advantage of this free service, you need to call **extension 2** to sign up no later than 4:00 Thursday.

**FOOD SHOPPING / SENIOR CENTER BUS**—Our COA bus travels to various grocery stores on **Tuesdays** at **1:00**. The Bus is also available in the morning for Tuesday activities and appointments at the Center. Sign-up is required by calling **extension 2** no later than noon on Monday.

**DIAL-A-BAT**—Transportation to medical appointments in Abington, Brockton, Bridgewater, East Bridgewater, West Bridgewater, North Easton, Stoughton, Whitman and Boston.

Trips to **Southeast Medical Center** in East Bridgewater are provided on Mondays and Thursdays. Pick up times are between 9:15 and 10:15 a.m. Return trip is at 12:30 p.m. from the lobby.

Trips to **Roche Bros Way** in Easton are provided on Mondays and Wednesdays. Pick up times are between 9:15 and 10:15 a.m. Return trip is at 12:30 p.m. from the lobby.

**Call extension 2 at least two days prior to your appointment to book.**

**SAD GOODBYES.....**

*I wanted to tell you all that December 18th will be my last day doing manicures. I have moved and will be joining the Bridgewater community. I want to tell you it was a joy doing the manicures. I loved all the people that came to me. I especially wanted to thank the staff for being so helpful ... It made the days here happy and fun.*

*I hope to be back for an occasional nail care special. Thanks again and Merry Christmas and Happy New Year.*

Peace,  
Jane Murray

**MANICURES BY JANE**

Jane, a licensed manicurist will be here Friday, December 18th. There is no charge for her manicure services which include nail cutting, filing, cleaning, hand massage and polishing (please bring your own polish). Both women and men are welcome.

**Call extension 2 to make an appointment**

**FREE LEGAL ADVICE**

Attorney Ronald N. Whitney is available to meet with elders once a month at the Senior Center for assistance with wills and personal legal issues. This month, Attorney Whitney will be at the Center on Tuesday, December 22nd from 12:00 to 2:30. Please call **extension 2** for an appointment

**HEARING SCREENING**

Free hearing screenings and free minor repairs to hearing aids are provided by Board Certified Hearing and Instrument Specialist, John Klefeker on Tuesday, December 15th by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

**PODIATRIST**

Dr. William Chan. Wednesday, December 9th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: January 13, February, 10, March 9

**WELLNESS CLINIC**

Free Wellness Clinics for Whitman residents are provided by NVNA (Norwell Visiting Nurse Association and Hospice). Health Screening includes blood pressure and blood sugar testing, vital signs assessment, nutritional counseling, weight assessment and medication review and instruction.

**Wednesday:**

December 9 Senior Center 12:30—2:00

**Thursday:**

December 17 Harvard Court 12:15—1:45

**Tuesdays** at the Town Hall (VNA Office, Lower Level)

December 1, 8, 15, 22, 29 1:00—4:00

**BLOOD PRESSURE CHECK**

We offer a free blood pressure check by a Registered Nurse at the Senior Center every Monday from 11:00 am to 1:00 pm.

**OUTREACH**

**TELEPHONE REASSURANCE** – If you would like a phone call and conversation from our office on weekday mornings, please contact **Linda at extension 1**.

**BROWN BAG DISTRIBUTION PROGRAM** – Thursday, December 17th **12:00 to 3:00 only**. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

**HAIRDRESSER**

**Tuesdays by Appointment**

Contact **extension 2** to make an appointment

|                           |         |
|---------------------------|---------|
| Shampoo and Set           | \$12.00 |
| Shampoo, Cut, and Set     | \$14.00 |
| Wet Cut                   | \$12.00 |
| Blow Dry w/ Cut           | \$14.00 |
| Perm, Cut & Style         | \$45.00 |
| Color*, Cut               | \$35.00 |
| Color*, No Cut            | \$30.00 |
| (*client brings in color) |         |

**Visit the HARVARD COURT FAYRE**

*located in the Gazebo Room of Harvard Court Housing Complex.*

*The shop is open:*

*Mondays, Wednesdays, Thursdays 1 to 4 pm;*

*Great deals on handmade items, new and gently used household items, clothing, knick knacks and much, much more.*

*Stop by to see what's available!*

**COMPUTER WORKSHOPS**

By Richard Stanton

at the Senior Center on Tuesdays

Appointments are available at 11:00, 12:00 or 1:00

Workshops are 45 minutes long and will have no more than three participants in a session.

Please contact **extension 2** to sign up for the course of your choice.

**PC's for the Novice:** Five Modules-includes PC overview, How to get help on your device and on Microsoft's web site, How to use input devices, Storing and retrieving your documents, and Managing your data.

**Advanced PC Use:** Increase understanding of 'Windows'. Path and Folder use, Single and Multi select in the windows explorer, Use Drag and Drop, Perform backup.

**Internet Basics:** Get started with a Browser, Choose and register with on-line service provider, Create and Send E-Mail.

**Advanced Internet:** Safe Browsing, Navigation and handling of E-Mail, Use an attachment, Search the Web.

**Basics of Budgeting with Excel / Calc:** Start excel or Calc; Open and Edit an existing workbook, save changes.

**Budget with Excel / Calc Advanced Features:** Edit Basic Budget using advanced features.

**Basics of Digital Photos on the PC:** Learn to retrieve, organize, edit and Print Digital Photos.

**Advanced Digital Photo Management:** Editing Photos—retrieve photos using Pact Bridge.

**iTunes for Digital Music / Video:** Use iTunes to retrieve and organize your music. Create your own Cd Or download play-lists to your MP3 player.

**Editing MP3 Files:** Download free editing software to edit MP3 music.

**Add and Remove Software:** Find, Download and Install Free software. Remove unwanted programs.

**Ease of Access:** Improve computer access for physically challenged.

**Online Education:** Find computer based Learning CourseWare and take a lesson.

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| <p><b>Blanchard Funeral Chapel</b></p> <p>Robert A. Tonello,<br/>Steven J Leonard<br/>Funeral Directors</p> <p><b>781-447-0170</b></p> <p>666 Plymouth Street<br/>Whitman</p>                                                                                                                                                                                                                                                                                                                                   | <p>WILLS • TRUSTS • ESTATES<br/>PERSONAL INJURY LAW</p>  <p><b>RONALD N. WHITNEY</b><br/>ATTORNEY AT LAW</p> <p>549 BEDFORD STREET<br/>WHITMAN, MA 02382</p> <p><b>781-447-3899</b></p>                                                                                                                                                                  | <p><b>J. SACCONI &amp; SONS, INC.</b></p> <p>Backhoe • Drains<br/>Septic Tanks • Cesspools</p>  <p>15 Commercial Street<br/>Whitman</p> <p><b>447-5670</b></p>                                                                                                                                                                                                                                                                                             | <div data-bbox="820 1039 950 1102">  </div> <div data-bbox="966 1039 1388 1228">  </div> <p><b>FAMILY HEARING CARE CENTER</b></p> <p><i>...listen to the sounds of life®</i></p> <p>~ Hearing Evaluations ~ Video Ear Inspections<br/>~ Hearing Aids ~ Repairs ~ Ear Wax Removal</p> <p>534 Main Street, Suite 2, Route 18<br/>Weymouth, MA 02190</p> <p><b>781-337-1144</b></p> <p>140 Bedford St., Route 18<br/>Bridgewater, MA 02324</p> <p><b>508-279-0700</b></p> <p>John Klefeker, BC-HIS MA License #127</p> |
| <p> <b>NEXT EXIT</b></p> <p><b>DREAM JOB</b></p> <ul style="list-style-type: none"> <li>• Growing company currently hiring Ad Sales Executives</li> <li>• Sales experience preferred</li> <li>• Full-time</li> <li>• Uncapped commissions</li> <li>• Competitive benefits program offered</li> <li>• Overnight travel required</li> </ul> <p>E-mail <a href="mailto:jobs@4LPi.com">jobs@4LPi.com</a> for more information</p> | <p> <b>McGUIGGAN'S PUB</b></p> <p>OPEN FOR<br/>LUNCH &amp; DINNER<br/>7 DAYS A WEEK<br/>DAILY SPECIALS<br/>EARLY BIRD SPECIALS<br/>TAKE-OUT AVAILABLE<br/>LIVE IRISH MUSIC<br/>EVERY TUESDAY EVE.</p> <p>546 Washington Street<br/>Whitman, MA 02382</p> <p><b>781-447-7333</b><br/><a href="http://www.mcguigganspub.com">www.mcguigganspub.com</a></p> | <p> <b>SMMLAW</b></p> <p>LAW OFFICES OF SEAN M. MURPHY, P.C.</p> <p><b>Sean M. Murphy, Esq.</b></p> <p>LAW OFFICES OF SEAN M. MURPHY, P.C.</p> <p>Estate • Medicare &amp; MassHealth<br/>Special Needs • Housing<br/>Probate Administration &amp; Litigation</p> <p>180 BELMONT STREET • BROCKTON, MA. 02301<br/>(774) 257-5732 • FAX: (508) 857-5214<br/><a href="mailto:smmurphyslaw@outlook.com">smmurphyslaw@outlook.com</a></p> <p>VETERAN OWNED</p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| <p> <b>WEBSTER PARK</b><br/>Rehabilitation &amp; Healthcare Center</p> <p>Providing the care you need...<br/>With the compassion you deserve.</p> <p>56 Webster Street • Rockland<br/><b>781-871-0555</b> • <a href="http://Websterparkhealthcare.com">Websterparkhealthcare.com</a></p>                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <p> <b>Old Colony Elder Services</b><br/>Providing services to the community since 1974</p> <p>144 Main Street • Brockton, MA 02301 • 508-584-1561<br/>Fax: 508-897-0031 • <a href="mailto:info@ocesma.org">info@ocesma.org</a> • <a href="http://www.ocesma.org">www.ocesma.org</a></p>                                                                                                                                                                                                                                                                                                                |

The cost of printing and mailing this newsletter has been paid by the Massachusetts Executive Office of Elder Affairs.

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**Whitman Council On Aging**  
**16 Hayden Avenue**  
**Whitman, MA 02382**

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## DAILY LUNCH

Senior Lunches are served every day at the Senior Center at 11:30. Let us do the cooking for you. (check out the menu on Page 4 of this newsletter).

Suggested donation is \$2.50. **Call Fran at extension 4 to make your reservation.** Since meals need to be ordered well in advance, please call one week ahead to book your reservation.

***Transportation is available on Mondays and Tuesdays.***



### ABOUT OUR TRIPS AND ACTIVITIES ...

*Participation in the activities and trips we offer is not limited to seniors over age 60.*

*Based on availability, Pre-Seniors, Baby Boomers and folks from surrounding towns are always welcome.*

*Just give the Center a call at 781-447-7619.*

### Help us go GREEN and save MONEY



Our newsletter is now available online at:  
[www.seekandfind.com](http://www.seekandfind.com)  
and on the Town of Whitman website  
[www.whitman-ma.gov](http://www.whitman-ma.gov)

If you read your newsletter online or choose not to receive a newsletter at this time, please **call Linda at extension 1** to have your name taken off of the mailing list.  
For those who continue to get the newsletter by mail, remember to keep us informed if you move or go away for the winter.